

HOW TO BE IRRESISTIBLE TO MEN

Video Course

By Amy Waterman

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Workbook Section 1

PART 1 OF THE "HOW TO BE IRRESISTIBLE TO MEN" VIDEO COURSE:

INTRODUCTION

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Part 1
Introduction

Hello! Welcome to **How to Be Irresistible to Men**. I'm Amy Waterman, and I'll be your host for these lessons.

This workbook is designed to help you understand further the concepts touched on in every video section. If you haven't watched the video yet, **I strongly recommend you do so *before* reading this workbook**. This guide is intended as a supplement for the video course, not a replacement.

In each workbook, you'll find exercises to help apply the concepts you learned in the video course. I strongly recommend that you do them in order to achieve the maximum benefit from the course. Remember: you can't shift your reality simply by *hearing* ideas. You have to *understand* them and *apply* them.

It's *your* life. You have unique circumstances that are particular only to you. That's why I strongly suggest that *you* do the work of taking these ideas and applying them to *your* situation.

If you do, I promise that a beautiful new reality awaits you where the possibility of love doesn't seem so remote.

So let's begin!

Purpose of This Course

In this course, I am going to teach you some incredibly powerful techniques to become irresistibly attractive to men, and to the *right* kind of men.

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You won't have to follow any rules, dress in a certain way, or do anything that seems artificial or forced.

But what you **will** have to do is get in touch with your authentic, genuine self and let go of the doubts, fears, and negativity that may have characterized your past interactions with men.

Men are going to fall in love with YOU – not someone you pretend to be.

The only thing you're going to have to worry about "keeping up" isn't the games you're playing but the feeling of being your best self.

I'm not going to let you hide underneath excuses like…

- "…But all men are bastards."
- "…But no one's going to fall in love with me."
- "…But I've been hurt in the past."

Don't let excuses keep you from real intimacy. Don't let excuses keep you from glowing with radiant love.

Don't let excuses keep you from the relationships you deserve.

What This Course Isn't

I am not going to teach you to manipulate men or play games.

Why? you might ask. Those techniques *work*, don't they? Men *are* attracted to bitches. Playing hard to get *does* work.

Of course they do. They work to attract **men who're turned on by a challenge.**

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I've heard time and time again women complaining, "All the guys I attract are players. They're all shallow. I want a man of quality."

And then they play games and expect to attract genuine men…

You attract who you are.

If you are playing the game, then you're going to attract men who are also playing the game.

The *right* kind of man for you isn't a player. He's a man **who loves you** and doesn't want to play around.

So I'm not going to teach you to "bag a man" or "get a man." You're better than that. You deserve more than a man that you have to *get* or *keep*.

You deserve a man who chooses you freely, because he's attracted to your own irresistible radiance … the light that shines from your *heart*.

But to do that, you've got to stop trying to *force* it. Instead, **LET it happen**.

Be Yourself

The hardest thing in the world is being who we are without embarrassment, without shame, and without judgment.

For some strange reason, when we're with men we *really like*, we seem to go into super-critical mode. We let ourselves think…

- "I can't believe I said that."
- "That was dumb."
- "I've blown it."
- "I wish I would have worn something else!"

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I've been there. I've done that. And let me tell you: **being your own worst critic doesn't help**.

Telling yourself that you're acting stupid or made a mistake or messed up **only makes you act more artificially, more self-consciously, and less attractively.**

Hey, you're not perfect.

And guess what? That's no big surprise to anyone.

We're ALL imperfect.

And that's okay.

You don't have to be perfect. *He* doesn't have to be perfect. **You can still be *beautiful* and not be perfect**.
That's because real beauty emanates from the heart.

Someone who is happy, loving life, open, and present in the moment is **irresistibly attractive.**

Someone who looks like a cover model but is closed off, angry at men, and bitter at how she's been hurt in the past is **resistibly attractive**.

When your attractiveness comes from your heart, no one can resist you.

When your attractiveness comes from your looks, anyone can resist you.

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Making Use of What You've Learned

It's time to come back to you. So how do you get from where you are to where you want to be? How do you overcome the challenges that exist for you?

I have one simple answer for you.

Believe it's possible.

Right now, I want you to promise that you will believe in the possibility of love.

In fact, write it in the space below: *"I believe in the possibility of love."*

_____

Say it out loud to yourself: *"I believe in the possibility of love."*

Now, do you believe?

Be honest.

Do you believe that men are attracted to you *right now,* even if you're not aware of it?

Do you believe that the most extraordinary man you ever met *might* walk into your life tomorrow?

Do you believe that it's possible you'll be married to a wonderful man in two years time?

Do you believe it's *possible?*

I hope you said *yes*. As long as you hold open the possibility that your life can radically change, you allow the energy of the universe do its work to achieve your goals.

Love will come to you, if you've laid the right groundwork. You don't even have to go after it to get it.

But before you can be ready for love, you have to believe that it is already there for you. You have to believe that a fantastic relationship is possible for you. You can't be bitter, negative, and cynical about love, or you'll drive it away.

Your exercise for this lesson is to spend some time renewing your hope and faith in love. Who cares what happened in the past? From this moment on, believe that whatever you desire is truly, genuinely possible for you. Nothing can keep you from love.

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HOW TO BE IRRESISTIBLE TO MEN

Video Course

By Amy Waterman

Workbook Section 2

PART 2 OF THE "HOW TO BE IRRESISTIBLE TO MEN" VIDEO COURSE:

LIMITING BELIEFS

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Part II
Limiting Beliefs

Lesson Overview

In this lesson, I discuss the beliefs that we hold about men that might be limiting our chances at romantic happiness. Yes, that's right … what you *believe* about men may be affecting your love life.

> **If you believe that men are jerks** … you'll meet a *lot* of jerks.
>
> **If you believe that there are no good men out there** … you'll have a hard time finding any.
>
> **If you don't trust men** … you'll meet few men that you can trust.

It is a hugely powerful concept, but if you're going to recognize how your beliefs may be limiting you, you have to be honest with yourself.

How Beliefs Affect Our Reality

So many of us explain our single status or lack of love in our lives through blaming outside circumstances. How often have you said one of the following?

- "I'm not good-looking enough."
- "All guys are looking for is some thin young blonde."
- "All the great guys are taken and those that are left are the ones no one wants."
- "I just can't seem to meet anyone interesting or worth the effort."
- "I don't ever seem to have any luck."
- "I'm just going to have to resign myself to being single forever."

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When you tell yourself things like this, you actually start to believe it. As a result, you close yourself off to possibilities. You can't *believe* that this amazing single guy could actually be interested in you – and if he really *is* interested, you may deny your good luck by looking for flaws in him.

It's amazing the lengths our minds will go to in order to reject love because **we feel we don't deserve it** or that **it's too good to be true.**

Choose Your Beliefs Consciously

What you need to recognize is this:

Whatever we believe, we will find.

In other words, if you have a certain perspective about the way things are, you'll find that the world matches up to it.

If you see the world as an empty, loveless place where men will hurt you, you'll find that love is hard to achieve and harder still to keep.

But if you see the world as an abundant, joyful place full of love, you'll find that people everywhere respond to you with love and warmth.

It's an amazing principle. You know it intuitively. You've heard it before: it's the principle of the glass that is either half-full or half-empty. But you may have never realized just how powerfully positive thinking can affect your love life.

Moving Beyond Our Past

Although we may think we're being realistic by saying, "This has happened to me in the past, so it's going to keep happening," what we're actually doing is **thinking ourselves into failure**.

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Let me explain how this happens.

We create our belief systems based on our past experiences. We then look to have those belief systems validated … whether or not they're actually accurate descriptions of how things are.

If we think that all men are jerks, we see jerks all around us.
If we think that all men do is hurt women, we'll see women hurt by men all around us.
If we think that men can't be trusted, we'll see untrustworthy men everywhere.

So what may happen is that we meet a really nice guy … but we look for reasons to scratch him off our list. Maybe he made an insensitive comment. Maybe he arrived late for a date. Whatever he did, we blow it up into a stinging indictment of his character. We may even act like this single incident foreshadows a future in which he's going to end up hurting us. As a result … we may even subconsciously *want* him to hurt us so that we'll be able to say that we were right about him!

Ouch.

But the power of belief is **so strong** that when you shift your perspective from the negative to the positive, miraculous things happen.

If you think that men are fantastic, you'll see fantastic men everywhere.
If you think that men are in general trustworthy, you'll find that men usually live up to your trust.
If you think that men need love just as much as women, then you'll meet men who will appreciate your love everywhere.

It's as simple as changing your perspective.

The Scarcity Principle

The first place that you need to start changing old beliefs is with the **scarcity principle**.

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Though you may not have heard it called by that name, I know you've heard it before.

The scarcity principle says that good men are scarce. It says that love is hard to find. It says that you'd better hold onto this guy because a better one may not come around.

But the harder you try to hold onto things, the more they'll escape you. Believing that love is scarce will cause it to run away from you.

So *forget* the scarcity principle. Don't let yourself believe that this is as good as it gets.

Act from a place of abundance. You don't lack love. You don't *need* to make people love you. You already have all the love you need.

That's because love is **everywhere**.

Love is in the way nature provides for our needs with rain and sunshine and food.
Love is in the way your friends and family care for you.
Most of all, love is in the way you take care of yourself, **because <u>you</u> matter**.

You see, we often forget is that inside of **ourselves** is all the love we need.

Don Miguel Ruiz calls this "The Magic Kitchen" in his book *The Mastery of Love*.

When you look for love to complete you, you give off neediness. But men don't want to be responsible for your happiness. As a result, they won't want the "love" you think you're offering.

If you believe that you know how to love but always expect something in return for the love you give, then don't be surprised to find that men don't want anything to do with a gift that has conditions attached.

So what you have to do is find the "Magic Kitchen" of love inside yourself where there's an endless supply of love.

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If we grow in our ability to love ourselves, we will find that we have a greater capacity to love others. It's simply amazing how, the more we **accept ourselves** and **love ourselves for who we are**, the more we can accept and love others for who *they* are.

See, when you know that you already have all the love you need, you can give away that love to others in a healthy way. You know that there's more love where that came from.

As Andrew Rusbatch of SaveMyMarriageToday.com tells us, "If you can't love yourself, you can't expect others to love you. You have to be your own biggest fan."

Are you?

It IS Hard

The problem is that we all get discouraged.

It's hard to keep up our faith and positive beliefs when it feels like love is so distant.

But remember: **the problem does not lie in the men who can't give us the love we want.**

It is not *their* fault that we aren't experiencing the love we desire.

It's not because they're shallow and only go for women who are prettier than us.
It's not because they're commitment-phobes and get scared off when we show interest.
It's not because they don't realize how wonderful we are and what a good deal they'd be getting.
The problem never lies outside of us.

When we blame men for our lack of relationship, we turn them into the enemy. They're not.

They're a mirror of how we feel about ourselves.

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If you don't feel good about yourself, you'll listen to men when they tell you that you're not pretty enough.

If you abuse yourself and tell yourself you're not good enough, you'll listen to men who abuse you.

But if you believe in your inner beauty, you'll listen to the men who tell you how beautiful you are.

If you believe in your inner goodness, you won't have time for men who abuse you.

Don Miguel Ruiz' book *The Mastery of Love* explains these ideas in depth. He tells us that you only accept the level of abuse from others that you already inflict on yourself.

The Fundamental Principle of Attraction

But I'm getting ahead of myself here. We talk about this in a later lesson. Let me back up and discuss the fundamental principle of attraction.

Like attracts like.

So whatever your way of thinking, you'll attract others around you who share your way of thinking.

This means that **if you live your life by love**, you'll attract men who also live their lives by love. And if you live your life by protecting yourself to avoid being hurt, you'll attract men who also protect themselves to avoid getting hurt.

This powerful principle suggests that if you're attracting shallow men, it may be because of the way you behave around men. If you're attracting players, it may be because you are also playing games with men.

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But if you're fantastic and know it, you'll attract fantastic men. If you have faith and trust in others, you'll attract men who are worthy of your trust.

Good men are drawn to goodness. Shallow men are drawn to superficiality.

But sometimes even the most intelligent woman will "dumb herself down" to get a man who isn't on her level. We've all been tempted to pretend that we're less than we are. Maybe our integrity seems like a small price to pay to fit in. Maybe the scarcity mentality causes us to settle.

I've seen so many women accept sex in place of love because they think that's all they can get. I've seen intelligent, magnificent women play silly manipulative games because they think that they *have to* in order to get a man.

In doing so, they allow themselves to become less than they are.

Live from the place of your highest integrity - the place where you are truthful about who you are in all your goodness and beauty -and you will attract men who are your match.

There may be *less* of them. But your single life is a gift as well.

So what kind of men are YOU attracting?

Do you think it could have anything to do with how you act around men?

Do you allow yourself to be your truest self when you are with men, or do you act in a way that you think men like?

Answering these questions for yourself can teach you where you are … and where you still need to grow.

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Making Use of What You've Learned

It's time to come back to you and ask the question, "How much love do you have inside?"

I don't want to know how much you love other people. I want to know how much love is **inside you**.

Can you be yourself around men without worrying about what he thinks about what you say or how you look to him?

Do you often compare yourself negatively or positively against others?

Do you hate any aspect of yourself, like your nose, your voice, or how you laugh?

Do you often get angry at yourself for things you did or said?

Is there any reason that you think men won't (can't) love you?

Why do you think you haven't found the right man yet?

If your answer included the words, "**I'm not** _____ **enough**," then your first duty is to spend more time loving yourself.

Your challenge for this lesson is to learn to love yourself a little bit more. Some ways in which you can do this are:

1. **Forgive yourself.** Forgive yourself for all the ways in which you haven't measured up to your own expectations or dreams. Forgive yourself for the mistakes you've made and for all the times you've done silly things. Have compassion for yourself and allow yourself to be humanly imperfect.

2. **Stop criticizing yourself.** Break yourself of the habit of saying bad things about yourself, even if it is just in your mind. We often think we're being humble by saying, "Oh, I look fat in this," or, "I can never do it right," or, "I'll never be like So-and-So." That's not humility – that's beating yourself up. The more critical you are of yourself, the harder it will be to find the love you desire.

3. **Be okay with where you are right now.** Maybe you don't have the job you want or the boyfriend you want or the clothes you want, but it's okay to be where you are right now. You don't have to wait until you're thinner, have a little more money, move to a better apartment, or finish school before you start meeting men. Because if you keep saying, "I'll put more effort into dating once I *[fill in the blank]*," you'll find that you never quite arrive at where you want to be. The right men for you will love you no matter what, whether you're ten pounds heavier or lighter, whether you have a new dress or old jeans, whether your job is management or pumping gas. Be okay with *you right now*.

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Books Mentioned in This Lesson

Fein, Ellen and Sherrie Schneider. *The Rules: Time-tested Secrets for Capturing the Heart of Mr. Right*. New York: Warner Books, 1995.

Ruiz, Miguel Angel. *The Mastery of Love*. San Rafael: Amber-Allen Publishing, 1999.

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HOW TO BE IRRESISTIBLE TO MEN

Video Course

By Amy Waterman

Workbook Section 3

PART 3 OF THE "HOW TO BE IRRESISTIBLE TO MEN" VIDEO COURSE:

AFFIRMING BELIEFS

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Part III
Affirming Beliefs

Lesson Overview

In this lesson, I discuss affirming beliefs that can totally *change* your reality, including the abundance mentality, celebrating men, believing in yourself, and living in the now.

At first it might seem strange to think that it's not *what we do* but rather *what we think* that affects our success with relationships. It seems more logical to say that how we look, how we act, and what we say is what either attracts men to us or drives them away.

But it's not that at all. **How you act is a result of how you think**. A woman who doesn't believe that men will ever really like her, or thinks that all men end up being jerks, will act in ways that drive men away or make men feel judged. Of course men are going to respond negatively and not want to be in a relationship with a person like that!

Similarly, if you believe that you're worthy of being loved and if you believe that men are fantastic, you'll act in a way that makes men feel that you're a special person who appreciates them. Of course men are going to respond positively to you!

The Abundance Mentality

Our past experience may tell us that it's hard to find a good, compatible single man who is available on all levels. Because we've found it difficult to find such men in the past, we may believe that it will ALWAYS be hard to find such men.

But what do you think would happen if you decided to believe that the world was a candy store full of fantastic, single, available men?

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First of all, you might say, that's clearly not true. If the world *were* full of such men, you would have found one by now, right?

Not necessarily.

If you don't believe that such men are out there, you wouldn't see an available single guy if he bumped into you. Your belief gives you blinkers.

I heard a wonderful story once about a woman who desperately wanted a baby but felt that time was running out for her. She went out on the town with a friend of mine and was complaining about her lack of success with men. There was a handsome guy chatting with his pals near them, but she ignored him because she didn't think that he was even in the realm of possibility. But he must have been paying attention because later on he came up to her and said, "I'd like to have children soon. Would you?" She was talking to her friends and *didn't even hear him!* Her friends grabbed her arm and pointed out the guy, whispering, "Did you hear what he just said?" She asked, "Who?" She *still couldn't see him!* So he turned around and left.

Fortunately, he didn't give up, because later on in the night he came up and asked her to dance. Again, it took her friends to get her attention back from what she was thinking and into the moment, where a handsome man was waiting for her response. She said yes, and that night a fantastic relationship was born.

So can our beliefs blind us to possibilities?
The answer is YES!

The key, then, is to believe that there are wonderful, single available men everywhere, and all you have to do is notice them.

When you hold this belief, you keep your eyes open. You treat every man who chats with you as a potential match. How do you know that the guy who helps you with your car or the person that you have to call to get a job done isn't single and looking, too?

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Way too often, we assume that a fantastic man *must* be married or *must* be taken, and we treat him in a dismissive way or don't make an effort.

But when you believe in abundance, you will see possibility *everywhere*.

Celebrating Men

One of the negative consequences of having an unsatisfying love life is that often our frustration ends up getting directed towards men. Although we *want* a satisfying relationship, we also resent men for having "failed us" in the past.

If you are going to learn to be irresistible to men, you need to learn to let go of the pain and hurt you have experienced and stop holding it against the new men in your life.

Can you give up man bashing and start celebrating men instead?

The term "celebrating men" comes from Alison Armstrong's fantastic seminars at PAX Programs (visit her website at CelebratingMen.com). Her seminars are called, "Celebrating Men, Satisfying Women." They are founded on the premise that when we allow men to *be men* and appreciate them for being men, we find our relationships to be much more fulfilling. I highly recommend that you learn more about these life-transforming programs.

It's okay for a guy to be a guy. Guys don't all have to be sensitive New Age guys or metrosexuals. We can love them for who they are. Men might not look at things the way we do, but we can learn to accept the differences between the sexes, not judge them.

You can start your journey to appreciating men by picking up one of the books by Barbara and Allen Pease: *Why Men Don't Listen and Women Can't Read Maps: How We're Different and What to Do About It* and *Why Men Don't Have a Clue and Women Always Need More Shoes: The Ultimate Guide to the Opposite Sex*. The Peases explain the difference between the sexes based on biology, not some psychological theory about

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Mars and Venus. The scientifically-measurable difference between the male brain and female brain may be enough for you to realize why your man is the way he is … and why he can't be any different.

Too often, we expect men to be like women. We learn to relate in a certain way to our girlfriends, and when we get a man in our life, we often end up unconsciously treating him like a best girlfriend. He's **not**. He's a guy, and dating a woman isn't going to change him into a woman.

So when a man can't empathize with you or share the intimate details of life with you like your best girlfriend does, it's not necessarily because he's inadequate. It may be because he relates to life on a different level than you do. *And that's OKAY.*

Confidence

Another affirming belief that is essential to cultivate is the belief in yourself. You must learn to replace self-doubt with self-awareness.

When you can observe yourself non-judgmentally and not feel like you have to hide any embarrassing aspect of your personality, appearance or behavior, then you've succeeded in gaining the truest sort of confidence. Not the confidence that says, "I am perfect and lovable because I'm perfect," but the confidence that says, "I am imperfect and lovable **just as I am**."

Think about it. *You're wonderful!* **You're wonderful in your imperfection.**

Too often, we believe that we have to be perfect to be confident. We look at a confident woman and we think, "Well, it's EASY for her. She's beautiful, has a fantastic job, has a great boyfriend, etc."

But you don't have to be perfect to be confident. *I'm* not perfect. I'd hate to feel pressure to be perfect! All the men in my life know that I'm imperfect **and love me anyway**.

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If you think about it, it makes sense. It's pretty stressful being around a perfect person: you feel like you have to try to be perfect, too!

But when you're around someone who accepts that they make mistakes and laughs at their folly, you feel better about yourself. You know that that person won't judge you if you make a mistake, too.

Personally, I've found this to be true on many levels. When I accept all of myself, both my positive AND negative qualities, rather than having to hide parts of myself that I find embarrassing, men feel that they can be REAL around me. They love it!

Men don't want a perfect princess! They want a wonderful, warm, flawed human being. Your flaws make you real. Your flaws allow men to be real and imperfect, too.

And if you find that men are judging you, perhaps it's because **you are judging yourself**.

Women often talk down about themselves because they feel that they have to be modest or humble. Often a woman will ask her boyfriend, "Do I look fat in this?" and if he answers honestly, she'll feel as if he's criticized her. **We invite criticism** onto ourselves.

The solution is to be aware of your thoughts. Be aware when you're rejecting parts of yourself, or feeling embarrassed about parts of yourself, or feeling humiliated or not worthy.

Then **accept and love all of those negative aspects of your character**. They're *all* part of you. The good AND the bad.

As for me, even though I make mistakes, even though I end up looking silly at times, I don't mind because at **every moment I'm making the best choices given what I know**.

I am aware of what I am doing and thinking, and I live in a way that I can be proud of even if I fail at things or people laugh at me.

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We all have the choice to live life according to our own personal beliefs and values and make our choices with integrity and awareness rather than doing the same things out of the force of habit and outside pressures.

When you're living your life with **integrity** as your goal, rather than **perfection**, your confidence will come from a very real place.

Living in the Now

Finally, one of ways that you can break free from old beliefs and habits that are no longer serving you is to practice **living in the present**.

In other words, you are aware of your experiences and thoughts as they are happening. You're not interpreting them based on what happened to you before. You're not asking yourself what they mean for the future. You're simply *in the experience*.

Ask yourself whether you allow your worries about the future or preoccupation about the past affect *your* relationships.

Do you find yourself frequently thinking along the lines of any of the following?

Future Orientation:

- Will he call me again?
- Will we make a great couple?
- What's going to happen with us?

Past Orientation:

- My ex liked it when I acted like this, so he will, too.
- Guys have always left me before, so he'll leave me, too.
- I never have any luck with men, so nothing will come of this, either.

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When you can be with men and neither project into the future nor recreate the past, you'll be able to create new possibilities in the present. In other words, **you'll allow magic to happen**.

Two fantastic books on this subject are *The Power of Now* by Eckhart Tolle and *Working on Yourself Doesn't Work* by Ariel and Shya Kane.

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Making Use of What You've Learned

It's time to come back to you.

Do you believe that there are many wonderful men out there?
Do you believe that you are lovable just as you are?
Do you believe that you can let the future take care of itself?

Cultivating these beliefs can be so difficult. Everywhere we turn, we hear our friends telling us that there are no good men left. We hear advertisements telling us that we need to look a certain way to be loved. We're asked constantly about our plans for the future or where our relationships are headed.

All I ask you to do is listen carefully to the messages you get from your friends, family, acquaintances, and the media.

Try to notice when your friends talk about how all men are jerks or how men just don't understand.

Examine the ways in which you generalize about men and relationships. Do you tend to believe that, for example, certain sorts of relationships never work out, that marriages don't last forever, that men can't be monogamous, etc.? Do these beliefs tend to serve you in a positive way, or do they tend to make you more wary and cynical about relationships with men?

Once you are aware that much of what we think we *know* about relationships and the opposite sex are actually belief systems, you can be more conscious about choosing your beliefs. Just make sure to use your power wisely.

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HOW TO BE IRRESISTIBLE TO MEN

Video Course

By Amy Waterman

Workbook Section 4

PART 4 OF THE "HOW TO BE IRRESISTIBLE TO MEN" VIDEO COURSE:

UNDERSTANDING MASCULINE AND FEMININE ENERGIES

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Part IV
Understanding Masculine and Feminine Energies

Lesson Overview

In this lesson, I discuss how sexual attraction is ignited when masculine energy responds to feminine, and vice versa.

What Does Energy Have to Do With Attraction?

This is a tricky topic to talk about because of the many perceptions surrounding the terms *masculine* and *feminine*. It's not about male and female. It's not about being macho and girly, or butch and femme. It's not about old-fashioned gender roles, either.

Rather, it's about energy. You can just *feel* when someone is radiating masculine energy, and when they're radiating feminine energy.

Masculine energy is purposeful, directional, focused, narrow, single-track, and achievement-oriented.
Feminine energy is life affirming, overflowing, relaxed, playful, chaotic, radiant, and healing.

We need both kinds of energy to succeed in life. At work, our masculine energy is essential for us to eliminate distractions and reach our goals. At home, our feminine energy is essential for us to create warm and loving relationships.

Most people have both masculine *and* feminine energy, although in different proportions. This means that you can draw on your masculine energy OR your feminine energy in response to a particular challenge or situation.

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For example, if you have a particularly challenging project at work, you may want to use your *masculine energy* to focus intensely, block out all distractions, create a plan of action, and tackle each task with your goal of completion in mind.

But let's say that you're managing a creative project that requires coordination among diverse groups of people. You may want to use your *feminine energy* to build social rapport among your team, balance touchy egos, and create a stimulating environment where playful activity can generate innovative ideas.

Even if you disagree with using the words *masculine* and *feminine* to describe this, you can probably agree that these are two very distinct modes. Watch a group of men interact and you'll feel a very different energy than if you see a group of women interact.

The reason that this concept is important is that **by understanding what kind of energy you radiate, you can understand why you attract the men you do**.

For example, let's say that you are a strong, successful career woman, and you go to a date straight after work. As you chat with your date, you're still in work mode. You find yourself chatting with him as you would with your business partners. You ask him polite questions, and he asks you polite questions. It may start to feel like an interview where you're exchanging résumés. You may evaluate his "mate potential" from this logical mental space. Good job? Check. Strong family ties? Check. Fashion sense? Check.

Then he never calls you again.

What happened there?

What happened is that **you went into the date with your masculine energy**. You were very focused on a goal: to decide whether he met your criteria for being an acceptable future partner. You treated him with the same respect and maybe even sexual indifference with which you'd treat a business associate.

As a result, no matter how beautiful, successful, and accomplished you were, he didn't find you attractive because there was no **sexual polarity**.

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David Deida, author of the seminal book *The Way of the Superior Man*, defines polarity in this way:

> "Sexual attraction is based on sexual polarity, which is the force of passion that arcs between masculine and feminine poles." (3)

So when you are in your masculine energy with a man (if he is a *masculine* man), chances are he will not find you sexually attractive. He'll find you intriguing, yes. He'll admire you, yes. But he won't want to necessarily date you.

This is a problem that many strong women encounter. They *think* the problem is with their strength. They think that men aren't attracted to strong women.

But that's not the problem.

The problem is that these women often don't know how to ignite sexual polarity.

You Attract Your Reciprocal Equal

Everyone has masculine and feminine energy in them. Usually, one kind of energy is dominant. Men *tend* to be more masculine, while women *tend* to be more feminine.

As traditional gender roles have disappeared and the lives of men and women became more and more alike, people have become more balanced in their masculine and feminine energies. Men can get into their nurturing, sensitive side while women can get into their dominant, competitive side.

But one consequence of modern life is that **we're losing sexual polarity**.

Don't get me wrong. **It is GOOD to be balanced**. It is good to be in touch with both your masculine and feminine side.

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But a fallout of such political correctness is that we've eliminated our sense of our own sexuality. When both genders try to be the same (or when they pretend that there is no difference between men and women), they lose polarity. This is fantastic in the workplace, but it's not so good in the bedroom.

Here's an example of why our differences are so important. Think about two metallic substances. One carries a positive charge, the other carries a negative charge. What happens? They're irresistibly drawn together, aren't they?

What happens when you have two pieces of metal with no charge? **They just sit there.**

Polarity is crucial to attraction.

(This is another reason why it is so important to allow men to be men. If they were like women, we wouldn't be sexually attracted to them!)

Going back to David Deida, he explains it in this way in his introduction to *The Way of the Superior Man*:

> "The bottom line of today's newly emerging 50/50 … relationship is this: If men and women are clinging to a politically correct sameness even in moments of intimacy, then sexual attraction disappears…. You have to animate the masculine and feminine differences if you want to play in the field of sexual passion." (p.4)

The great thing is that the masculine and feminine polarity can be ignited no matter what your gender. Feminine men can have sexual polarity with masculine women. Balanced men can have sexual polarity with balanced women if one of them decides at that moment to take the feminine role and the other the masculine role (and they might switch roles, too).

I want to emphasize again that we're not talking about *manly women* or *metro men*. We're talking on the level of sexual *energy,* which has nothing to do with how deep your voice is or whether you can grow facial hair.

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The level of sexual "charge" you carry – in other words, how feminine or masculine you are – will attract a man with the opposite charge to the same degree. In other words, **you attract your reciprocal equal**. If you are very feminine, you will tend to attract very masculine men. If you are balanced, then you will tend to attract balanced men.

Upping Your Feminine Charge

If you want to attract more dominant, masculine men (such as the "alpha male") you need to be in touch with your authentic feminine energy.

Books like *The Rules* teach you how to *act feminine* by behaving around men in the same way that your great-grandmother would have behaved around men. If you're not used to getting into your place of feminine energy, it might be good training for you.

But that's not an **authentic** place. You're playing at being demure and mysterious and elusive. It's not genuinely **you**.

To get in touch with your own genuine, irresistible femininity, you need to get in touch with your heart's core. It's that beautiful place where you are vulnerable, playful, loving, and expressive. It's the place where you dance freely without embarrassment. It's the place where you laugh and tease like a child, where your emotions flash from joy to anger to peace all in an instant. It's the place where you trust men and allow them to guide you.

When you are living from that place, you **radiate**.

Ways that you can embrace your feminine energy are:

- Dancing
- Flirting or teasing
- Adorning your body in beautiful ways
- Physically expressing your love with hugs, kisses, and gentle touch
- Expressing your emotions freely and as your mood moves you

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- Letting go of plans; doing things spontaneously
- Pampering yourself and your partner; indulging the senses
- Allowing yourself to be guided by your partner; trusting him

Because this concept is so tricky, I recommend reading another one of Deida's books, *Dear Lover: A Woman's Guide to Men, Sex, and Love's Deepest Bliss*. It's quite mystical, but its message is fantastic: that we need to learn to open ourselves freely to love without holding anything back or hiding behind the shell of our defenses.

I hope that this lesson has served to teach you a little about the potential you have for igniting sexual attraction. We'll discuss this topic further in the next section, on "Gender Roles."

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Making Use of What You've Learned

It's time to come back to you.

When do you feel your most feminine? Is it when you're at work, dressed in your stiletto heels? Or is it when you're hugging your nieces and nephews? Is it when you're dancing in your favorite dress? Is it when you're swimming or doing sports? Is it when you're cozied up at home with the smell of something wonderful in the oven? Is it when you're soaking in a bubble bath? Is it when you're making love?

All of us have particular experiences that make us feel sensually, lovingly feminine. They're experiences that unlock the goddess within us and make us realize how beautiful, powerful, and creative we are.

Make a list of experiences that make you feel relaxed, alive, and wonderfully woman. Then, ask yourself how you can incorporate them into your life more often.

For example, if bubble baths make you feel radiantly feminine, can you find time to take a bubble bath before a date?

If you know that going straight from work to a date means that you'll be tense, stressed, and business-like, can you schedule dates for the weekend or later in the evening so that you have time to unwind and pamper yourself?

Don't ever feel guilty about taking time for pleasure. Pampering yourself should be part of every woman's self-care routine. The more you take care of the little things that make you feel good, like painting your nails or wearing fabulous fragrance or buying yourself flowers, the more fantastically sensual you feel. And **feeling wonderful is irresistibly sexy.**

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HOW TO BE IRRESISTIBLE TO MEN

Video Course

By Amy Waterman

Workbook Section 5

PART 5 OF THE "HOW TO BE IRRESISTIBLE TO MEN" VIDEO COURSE:

GENDER ROLES

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Part 5
Gender Roles

Lesson Overview

In this lesson I discuss how we can unlock our irresistible feminine energy through openness, vulnerability, and trust. Authentic femininity doesn't require falling back into the trap of traditional and outdated gender roles. Rather, modern femininity requires co-creating new roles with men that allow our masculine and feminine energies to play out in the charged dance of attraction.

What Does It Mean to Be Feminine?

Feminine energy nurtures, loves, and heals. It embraces in a non-judgmental, all-accepting, unconditional caring and warmth.

Masculine energy, on the other hand, is concerned with reaching goals. As a result, it tends to compete and to protect its own interests against the threat of others.

There is nothing WRONG with either kind of energy. Masculine energy isn't solely the province of men, while feminine energy is by no means restricted to women. They are simply **polarities** just like positive and negative, life and death, light and dark. And both kinds of energy are necessary for our survival.

When you are in your "masculine mode," you are more likely to evaluate people and judge them based on whether they'll help you reach your goals. If you are in your "feminine mode," you will be more likely to embrace and accept people as they are regardless of whether they fit into your plans.

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The problem is that many of us tend to slip into feeling competitive or self-defensive around men. Have you ever thought one of the following?

- I'm a better catch than him, anyway. He should feel lucky that I'm still with him.
- I can't trust him to do anything for me. I have to do everything myself.
- I'm the one holding this relationship together. If I wasn't around, he wouldn't be able to get out of bed in the morning.
- I've got to make sure that he won't ever have the chance to hurt me. I've got to act strong even if I'm feeling weak.

If so, you understand how important masculine energy is to survival. But being a survivor who protects herself at all costs *won't* help you have a deeper, heartfelt connection with men. It will create defensiveness and put men off.

A truly feminine woman is not afraid of humility, weakness, or vulnerability.

Yikes! Really?

Yep.

What Humility REALLY Means

I think that one huge problem in our achievement-oriented, individualistic Western culture is that we tend to see weakness, vulnerability, and humility as negative characteristics that give your power away. We think that we'll get taken advantage of. We probably *have* gotten advantage of by someone we trusted! We've been hurt when we let ourselves be weak around someone.
But that doesn't mean that your *weakness* caused you to get hurt.

It doesn't mean that the answer is to make sure that no one will ever be able to control you again.

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Building up your defenses, not letting anyone in, and never letting anyone else guide you will simply *keep love out*.

Think of your defenses like castle walls. They keep allies out as well as enemies. The higher you build them and the fewer people you let in, the lonelier it is inside.

A better form of self-defense is to become even more powerful … so powerful that you know how to deal with the situation at the first sign that someone is not worthy of the trust or openness you have given them.

The way I like to think of it is this:

- *Either* I can avoid taking any risks and letting anyone in because I'm afraid of getting hurt …
- *Or* I can learn to become more aware of myself and of what is happening in my relationships so that when problems arise I know how to respond.

It's amazing how, the more you interact with people and the more relationships you have, the better you become at judging whether or not a person is going to abuse you or be a friend to you.

So the REAL power lies in being aware of the control games that people play (and the control games that WE play) and deciding consciously whether we want to be in a relationship where we have to play games or whether we'd rather choose a healthier, more genuine partner.

If your partner plays control games with you, then using "vulnerability" as an excuse to let him play those games is just plain silly.

There are so many men out there who won't abuse trust when they're given it. But to date *them,* you have to trust them first.

I know that it may feel like folly. How are you supposed to trust someone who hasn't yet proven themselves worthy of your trust?

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I'll let you in a secret that few people realize: **when you trust someone, that person will feel compelled to live up to your level of trust as best as he or she can.**

Similarly, when you never trust anyone, you always find that they betray you.

Think about the law of attraction again: **like attracts like**.

Someone who can't trust often attracts untrustworthy men.
Someone who has faith in humanity often attracts men worthy of faith.

I think that this lesson is perhaps the *hardest* for us to learn.

We've all been hurt. We've all been rejected. We've all been betrayed.

But none of that is a reason for closing ourselves off.

Moving from Defensiveness to Vulnerability

Harville Hendrix's fantastic books on *Getting the Love You Want* (for couples) and *Keeping the Love You Find* (for singles) are full of exercises designed to help us work through our personal defensive layers and teach us to be both vulnerable AND smart.

Hendrix believes that our partners are always destined to wound us in the way that hurts us most (the way we were wounded as children), but that doesn't mean that we should avoid relationships. It means that relationships are precisely the place where we can *work through* our past wounds so that they don't hurt anymore.

That's because you have a hand in your own wounding. You allow yourself to be hurt.

For example, if I am sensitive about my appearance and my partner makes an insensitive comment, I will be hurt. If I am comfortable and secure in my appearance, I may laugh at the comment and throw one of my own right back.

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People who frequently feel wounded and hurt can't explain their situation by blaming a cruel world or cruel partners.

They have a lot of sensitive areas that they need to work through, whether through the exercises in a book like those by Hendrix or through therapy.

When you shift your perspective, you can see that what matters is not *him* being untrustworthy or a control freak. What matters is how *you* respond to his untrustworthiness or control.

When you learn to respond in a frank, honest, proactive manner that deals with the situation rather than the hurt, you move one step closer to an amazingly intimate relationship and deeper connection.

So does that make more sense now?

I hope that you see that being vulnerable and trusting men doesn't have to open you to hurt.

If you come from a secure, authentic place, your ability to be vulnerable and trust men will open you to incredible love.

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Making Use of What You've Learned

It's time to come back to you.

I'm going to ask yourself to examine your beliefs about trust.

As we grow older, we become wiser in the ways of human beings. Sadly, one result is that we often stop trusting. We think that being trust is naïve. We tell ourselves that we know the *real* nature of human beings, and people are inherently out for themselves. We have to protect ourselves, because no one else is going to do it for us.

So let me ask you: Do you trust men?

I want you to think about this question hard.

…

Your answer is probably no. If you're serious with yourself, and if you've been hurt in the past, you probably find it difficult to trust a new man straightaway.

Personally, I *do* trust men. I rely on the men in my life. Does this mean I'm naïve and foolish?

No. It simply means that I haven't gotten stuck at the stage where people are *either* trustworthy *or* not trustworthy.

You can trust everyone. It's just the degree of trust you put in people is different.

For example, you may trust a child to cut out heart shapes in construction paper on his or her own, but you'd never leave a child to do other things on his or her own. You know exactly how much trust to award the child, and you behave accordingly.

It's the same with men. Once you reach a certain stage in your life, you have a pretty good idea of how much trust to award people up front. As you get to know them, you award them more trust.

So … *can* you trust men?

I think so. All men deserve trust. When you're wise to the ways of the world, you can meet men and immediately award some base level of trust to them. As you embark on the process of getting to know a particular man, you'll end up revising the amount you trust him. And that's okay – that's being smart.

But if you meet a man and immediately become suspicious, or put him through tests to prove himself before you allow yourself to start trusting him, then your relationship is going to be fraught with mistrust and suspicion.

Have faith in your ability to handle things. Try a life lived from trust, not mistrust.

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HOW TO BE IRRESISTIBLE TO MEN

Video Course

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Workbook Section 6

PART 6 OF THE "HOW TO BE IRRESISTIBLE TO MEN" VIDEO COURSE:

LIVING IN LOVE

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Part 6
Living in Love

Lesson Overview

In this lesson, I discuss the challenge to living in love.

Love isn't something you just *get* because you *deserve* it. If that was the case, all the nice guys and girls out there would be taken, while the jerks and hard cases would be buying dating books.

After so many discouraging experiences, you may think that being nice doesn't help at all in finding love. You may scoff when people tell you that you just have to be patient, because if you're a good person, you'll get the love you deserve.

If you decide that the answer is to buy a copy of Sherry Argov's *Why Men Love Bitches,* I'd ask you to hold off just a moment. **If being nice doesn't work, being a bitch won't either.**

It is true that love doesn't just arrive one day at your doorstep. You can't sit around and wait for love. You have to do the groundwork to invite true love in.

That groundwork doesn't involve memorizing tactics and techniques. It doesn't involve following extensive lists of *Do*s and *Don't*s. It doesn't involve being mysterious, challenging, demure, aloof, inaccessible, or anything else you're not.

Rather, the most important groundwork you can lay for love lies in your own heart.

Live in love, and love will magically flow towards you from every corner.

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The Double-Edged Sword of Self-Protection

If you've lived any time at all in this world, you've been hurt. Unless you've been super-lucky, you've probably been hurt badly. You may have sworn off men, declared your independence from men to the world, or resigned yourself to cheating, lying, manipulative partners.

Common sense tells us that if we are going to survive in the rough-and-tumble world of dating, we need to know how to protect ourselves. We need to develop a tough exterior to keep from getting hurt. Otherwise, men will take advantage of us. They'll get in too close and then rip our hearts out.

The problem is that such "common sense" has everything to do with the reason you don't have the love you want in your life.

If men have hurt you in the past and you've vowed that you're never going to let that happen again, I have sad news.

By closing yourself off to hurt, you've closed yourself off to love.

The only way to get the love you desire is to open yourself up to be hurt again.

I'm sorry. It's sad but true.

Love and hurt are twin sides of the same coin. The people who have the power to hurt us the most are those we care about the most.

But is the answer to stop caring about people? I can assure you that if you stop caring about other people, you'll find that nothing anyone says or does will hurt you.

But is that what you want?

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I know that for many of us, the prospect of being hurt again by a man is unbearable. We've survived the grief once, twice, or more times; how do we know if we can survive it yet again?

And so many people choose to take the easy route and fall into choices that life and circumstances offer them. As one dear male friend told me, "It's better to marry someone that you don't love too deeply. That way, nothing she does can really hurt you that much."

If you don't think you can take being hurt again, then you need to make the healthy choice for you. Love can be an emotional roller coaster, and if you're not steady you can get thrown off.

But if you've ever seen bull riders at the rodeo, you have seen how the glory, passion, and exhilaration of those 8 seconds can be worth every bit of the pain of getting thrown to the ground.

Being OK with the Hurt

Rather than give up on love entirely, you have another option: you can learn how to deal with the inevitable hurt in a healthy way. And the first step is to accept that you're going to get hurt again.

If you're going to live life in love, you're going to have to be okay with getting hurt.

Can you accept the thought that men will hurt you? Can you be okay with knowing you're going to be hurt again?

Being hurt isn't a bad thing. It carries the seeds of growth. We don't grow unless we have to. And compassion comes from being hurt.

Can you imagine a scenario in which being hurt might have something to teach you?

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Every time you're hurt, you have a choice: you can carry that pain around with you as baggage to all your future relationships, or you can learn from the experience and allow the pain to teach you wisdom and compassion.

You know, this is something that most books on dating and relationship don't tell you. They make it sound like *all you have to do* is know what to say or how to act in every situation, and you'll never get hurt again. In fact, they claim, *you'll* be the one with power over men. *You'll* be the one with the power to break their hearts.

For some women, that idea of control sounds exciting. It feels like the perfect revenge for all the times that men have rejected *them* or broken *their* hearts. Really, wouldn't it be great to make men jump through the hoops this time around?

Except that when you do, you're not going to get the deepest love of which you (and he) are capable.

Remember…

You can't let love in when you're acting according to a script.
You can't let love in when you're busy protecting yourself against the eventual day when he's going to leave you.
You can't let love in when you're trying hard not to care about him too much.

Learning to Protect Yourself in a Healthy Way

Often we think of being hurt as something *men* do to *us*.

We don't realize that it's actually something that *we* do to *ourselves*.

You have a choice at every moment whether to stay in a relationship or not. You have a choice about whether you're going to listen to his abuse or turn and walk away. You have a choice about whether you're going to forgive his actions or call it quits.

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The best way to protect yourself against abuse in a relationship is **not** to avoid getting too involved, or avoid caring too much. It's to **learn to exercise your power of choice**. You have the power to choose whether or not you're going to stay with a relationship … *every* moment you're in it.

You have the power to choose how you're going to interpret what he said, what he did, or what happened.

You have the power to choose how you're going to respond.

You're not helpless at all. You have an incredible amount of power.

Let's illustrate this with an example. Say that you fell in love with a man and discovered that he cheated on you. What happens now?

You can decide to leave him.
You can decide to "stick by your man" and act the part of the long-suffering martyr.
You can decide that the affair was proof that your relationship wasn't meant to be.
You can decide that the affair was proof that you aren't good enough to keep a man.
You can decide to scream at him and tell all your friends how he abused you.
You can decide to cease all contact with him and spend healing time with friends.
You can decide to stop trusting men forever.
You can decide to learn from the experience and move on.

No matter what happens to you in life, you have an infinite amount of choices.

The problem is that we don't exercise our power of choice. We think that we have to play the role of the martyr, the victim, the bitch, or whichever role the social script hands us to play.

Worse yet, if we don't feel like playing that role, our friends often pressure us into it. For example, think back to the last time you experienced a breakup. Did your friends tell

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you, "Wasn't he a horrible person? I can't believe he did that! He wasn't good enough for you"? Although you may have been prepared to forgive and forget, your friends may have been more interested in demonizing him.

Instead of focusing on your hurt in these situations, allow yourself to *experience* the hurt … then focus on what you have learned as a result. Ask yourself what opportunities you have now. What possibilities are open to you that weren't before?

If you can master this perspective, you will realize that nothing a man does can ever truly harm you—and the prospect of being hurt will seem like a small price to pay for the great gift of love.

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Making Use of What You've Learned

It's time to come back to you.

I'd like you to take a moment to think of the baggage you carry to each and every relationship.

No matter how many relationships we've had in the past, we all carry baggage. That baggage isn't all bad. It contains many beautiful memories as well.

What beliefs about yourself do you hold? Do you consider yourself good at relationships or bad? Do you consider yourself a lovable person, or someone who has to hide parts of herself so that people will love her? Can you stand naked in front of a mirror and see an attractive, desirable woman looking back at you?

If you hold any negative thoughts about yourself, such as, "I can't hold onto a man," or, "I can't show my real self or he'll cut and run," or, "I'm too emotional. I have to control my emotions or he'll leave me," then write them down on a sheet of paper.

Sometimes, simply by facing our deepest fears, writing them down, and looking at them in the plain light of day, we can defuse some of their power.

Now, ask yourself where those beliefs came from. Was there a previous relationship that taught you this?

Our relationships teach us many unhealthy habits. An inattentive partner might teach you that you have to throw tantrums to get any attention. A critical partner might teach you that unless you look perfect he won't love you.

Men are only human, just like us. They often pass their flawed beliefs onto us.

Now that you are aware of your belief and where it came from, ask yourself: Is it possible that the belief isn't true at all? What would my life be like if I didn't believe it any longer? Would I have new possibilities?

Living a conscious life requires being aware of your beliefs and how they affect your life. Although many of our beliefs are passed onto us subconsciously, we have the power to bring them to awareness and consciously choose or discard them.

Take responsibility for your belief system. You can choose to love yourself and believe in its possibility, or you can choose to lug around the harmful beliefs that ex-partners have instilled in you.

You ARE beautiful, wonderful, and lovable. I hope that you choose to see it, too.

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HOW TO BE IRRESISTIBLE TO MEN

Video Course

By Amy Waterman

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Workbook Section 7

PART 7 OF THE "HOW TO BE IRRESISTIBLE TO MEN" VIDEO COURSE:

LIVING IN THE NOW

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Part 7
Living in the Now

Lesson Overview

In this lesson, I discuss the challenge to living in the now. You'll learn how expectations and goals can actually be sabotaging the experiences you're having now with men, and how your judgments can affect how men perceive you. You'll also learn the importance of letting go of what you think has to happen in a relationship and enjoying it for what it is in the moment.

The Power of Expectations

All of us have expectations about how we think things should turn out. When we want things to turn out a certain way and they end up turning out differently, we often get upset.

This happens a *lot* in relationships. Whereas we may be more realistic about other areas of our life and accept the fact that we didn't get that raise, or couldn't afford that new car, or didn't lose those 15 pounds, we take it hard when we don't get what we want from another person. When a man doesn't give us the love or affection we wanted, or doesn't treat us like we'd imagined, we find ourselves angry at him for not being who we wanted him to be.

Expectations are the single most powerful invisible force on a relationship. You have expectations about him. He has expectations about you. Both of you have expectations about what a relationship—and particularly your relationship—should be like.
Have you ever discussed your expectations with a partner?

Have you ever thought about what expectations you might have that you haven't even admitted to yourself?

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Often, we don't even realize that we have expectations until we listen to ourselves.

For example, if you have ever found yourself complaining, "I give and give and give and get nothing back!" perhaps the problem isn't that he's selfish. Perhaps the problem is that you expected something in return for your actions. You aren't giving unconditionally if you expect something back.

If you have ever found yourself complaining, "He simply won't commit!" perhaps the problem is *not* that he's a commitment-phobe. Maybe the problem is your expectation and inability to enjoy the present for what it is.

We even evaluate an entire relationship based on whether it leaves our expectations fulfilled or unfulfilled. For example, imagine having a lovely two-year relationship with someone that ended up fizzling out because you wanted to get married and he didn't. If you were attached to your expectation, you may end up describing that relationship for the rest of your life as a negative experience with a horrible guy who couldn't commit – redescribing the *entire relationship* based on one unfulfilled expectation.

When you enjoy a relationship based only on the degree to which it is fulfilling your expectations, you not only lose out on the unexpected pleasures (which are often the best), but you often end up forcing a relationship into a mold it was never intended to fit.

Learning to Let Go

How good are you at living in the now in relationships? Ask yourself the following.

- Can you enjoy the present in a relationship?
- Can you enjoy it even though you don't know where it's going to go, or how you really feel about him, or what you really want out of it?
- Can you accept a relationship for what it is right now?

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- Do you only enjoy a relationship when you think it's going to lead somewhere?
- Do you feel confused and unhappy when you're not completely clear how he feels about you?
- Do you keep wondering what is going to happen next?

If you can master the skill of living in the now and approaching every date without expectations, you'll find that magic happens. Men have met *so few* women who didn't want something from them that they love being in the presence of a woman who simply enjoys their company in the moment.

Sadly, most of us have been trained to want something from men. When we go on a first date, we want him to call us the next day. Once we start dating him, we want him to become our boyfriend. Once he's become our boyfriend, we want him to propose. And so on…

Although we may think that our wants are invisible, they're not. A man knows when you have expectations, even if you don't say them out loud.

When you look at a new date and wonder if you're going to make a good couple, or whether he likes you, or whether he's going to call you later, you take yourself out of the experience. Although you may think that it's all just in your head, I can promise you that he can sense it. And that kind of thinking will scare him away.

The challenge, then, is to master the notion of **Whatever happens, happens**. Learn to enjoy the moment you have with a man without worrying about whether or not it's going to last.

Make no mistake: this is *hard*. Although you may want him to be a certain kind of person and your relationship to end up a certain way, can you let go of those expectations and let things happen as they happen? Can you discover everything there is to learn about him without judging each characteristic on the basis of whether it's one you want in a future husband?

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Letting go of expectations is not an easy task. The longer we're in a relationship, the more our expectations build up. The more attached we are to a particular outcome (such as getting married), the harder it is to enjoy the moment.

Just as challenging is letting go of the compulsion to constantly wonder, "What is he thinking? What did his behavior mean?"

Yet when you let your man be himself and stop searching for ulterior meaning in everything he says or does, he can relax and be himself. He doesn't worry that you're going to take things the wrong way.

I want to emphasize that this is *not* a passive way of thinking. **Not having expectations doesn't mean not having standards.** Not judging him doesn't mean accepting everything he does even if it's abusive.

It simply means that when you respond to him, you're responding to what's happening *right now*. You're happy or unhappy with him based on the situation at the present moment. You're deciding to be with him or not based on the person in front of you—not based on the person you hoped he would be.

Switch to Intention

You may wonder, "How do I talk about what I want in a relationship or in a man if I can't talk about my expectations?"

Answer: You talk about your *intentions*.

Wayne Dyer explains this incredibly powerful tool in *The Power of Intention*. For him, **intention** is "a field of energy that flows invisibly beyond the reach of our normal, everyday habitual patterns" (p. 6). When you focus on a strong purpose or aim, you use the field of intention to actualize your desire.

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When you intend for something to happen, you're focused on what you can do now to create it. You don't have to wait for circumstances to give it to you.

Think of it this way. If I *expect* something to happen, I don't have to do anything to get it. I just have to sit back and wait for it to happen. But if I *intend* for something to happen, I make it clear that I am an active participant in achieving my heart's desire.

Simply changing the words you use from "expect" to "intend" can have a great effect.

For example, you might tell a future date, "I intend to have children someday." Your statement makes it clear that the desire belongs to you and to *your* vision of your future.

If, on the other hand, you tell him, "I expect to have children someday," he might cringe, thinking that starting a relationship with you will require him to be a father someday.

If you intend to get married, that's great. But if you *expect* to get married, any man you're with will feel the pressure of your expectations.

This can be a tricky concept to understand, so if you think it sounds like mere semantics, that's okay. The most important concept to take away is to realize how your expectations about what you want to happen affect your experience in a relationship.

The next time you go out on a date, try to focus on enjoying the present moment with your date. Don't think about whether he's a good match or whether you'd make a good couple. Don't even think too far ahead in the date, like wondering if he's going to pay for the meal or wondering if you'll kiss. Ask him present-oriented questions like, "What do you do to relax?" rather than future-oriented questions like, "Do you see yourself having a family someday?" Just be present. Be with him.

And watch the magic happen.

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Making Use of What You've Learned

It's time to come back to you.

How often do you listen to what Susan Jeffers calls your inner "Chatterbox"? Do you find that your mind often sabotages you when all you want to do is have a fantastic date or a fantastic time with a man?

I often remind myself: it doesn't matter. If I care too much about how I look (because I want him to like me), whether or not I sound silly (because I want him to like me), or whether or not I'm going to see him again (because I like him), I "cure" myself by repeating, "If it's meant to happen, it will happen."

I put it in God's hands.

If we're meant to be together, we'll be together. If he finds me too talkative, too plain, or too anything, it doesn't mean that I need to learn to talk less or dress better. It simply means that here's a man I'm not suited for.

Can you think of a time in your life when you let your worries about the future cause problems for a relationship? Can you think of dates that you should have enjoyed but instead suffered through because you were so worried about making a good first impression?

What do you think it would take for you to stop worrying so much about whether you're going to get what you want?

If you like a man, of course you want him to like you. But so what if he doesn't? Is it really worth the stress and hassle of trying to be the "perfect woman"?

How do you think you would feel if you gave up the expectation that you had to be a perfect date?

Wouldn't you be better able to relax?

Wouldn't you feel more like yourself?

The next time you meet a man you really like, keep things in perspective. Remember that no matter how much you like him, you may not be good together. Trying to manipulate him into liking you may just end up forcing you into a relationship that's less than what either of you deserve.

Don't be afraid of loss. If you fear that you'll "lose" him, remember that he was never yours to begin with.

Enjoy the experiences you're having with men *right now*. If you're not enjoying them, I can promise you that it won't be any better once you're wearing wedding rings.

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HOW TO BE IRRESISTIBLE TO MEN

Video Course

By Amy Waterman

Workbook Section 8

PART 8 OF THE "HOW TO BE IRRESISTIBLE TO MEN" VIDEO COURSE:

CREATING A PLACE FOR MEN IN OUR LIVES

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Part 8
Creating a Place for Men in Our Lives

Lesson Overview

In this lesson, I discuss how to create a place for a man in your life. You may *think* that you have plenty of space for a guy. You're looking for love after all … aren't you?

It's amazing how many of us convince ourselves that we have space for a man, but instead of a sunny open area with a welcome mat and a wide door, the space we have available is a tiny corner on our cluttered desk shadowed with cobwebs.

Do You Have Room in Your Schedule?

What are you doing *right now* to draw more love into your life?

You may answer, "Well, obviously I'm reading this workbook." Sadly, **reading does not attract love**, especially if you're reading alone in a private place.

Do you make a habit of looking up and smiling at strangers on the way to work? If you work with customers, do you always have time for a friendly chat? Are you happy to meet someone new and spend some time getting to know them?

It's no coincidence that people with large social networks often find it easiest to meet potential partners. One of my favorite sayings is:

People like people who like people.

In other words, if you like other people and enjoy their company, they're very likely to like you in return!

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So many of us want other people to be interested in us. So we spend time cultivating an interesting personality, improving our appearance, and developing noteworthy hobbies.

In reality, the best way you can get other people to be interested in you is to be interested in other people.

Being able to meet new people is an important skill. Every new friend or acquaintance you make has the possibility of drawing more love into your life. Even though your new acquaintance may not be a romantic possibility, he or she may know someone who is.

According to *Sex in America,* "50 to 60 percent of couples in all … types of partnership (*whether married or together less than a month*) met at school, work, a private party, or church" (p. 72). In fact, the majority of married couples were introduced by family or friends.

That's pretty profound. It means that a crucial key to meeting your future partner is expanding your social network.

Often we think that you're only actively looking for a partner if you're going to singles events, bars and clubs, or browsing online.

In actual reality, though, **the best thing you can do to meet your future partner is expand your social network.**

Spend more time with your friends. Make new friends. Get to know your friends' friends. If your church or gym or sports club is organizing a social event, go to it. Recognize that school is for more than just studying. And never forget to smile at strangers who walk into your office.

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Keeping Your Life in Balance

One challenge that many single women have is that they overcompensate for their single status by filling their lives with hobbies and career-oriented activities. They become so busy that they neglect to schedule in "down time" for simply enjoying the company of other people.

Other women are so afraid of being single that they fill every spare moment with activity so that they don't have to face being home alone with no one to talk to but themselves.

Dating books don't help the situation. They tell us that we have to be interesting, fascinating women with full lives to be attractive to men. So we spend every spare moment going to the gym, going sky-diving, or joining book clubs. We think we're creating lots of opportunities to meet new men, but more often than not we end up going so fast that we miss everyone we pass along the way. Our focus isn't on whom we meet but rather what we're going to do next in a race to qualify ourselves as the best catch.

Being busy and exhausted is just as bad as staying at home and vegging. It's okay to be idle. Sometimes, it's when you're still that the most magical moments happen.

So is your life in balance? Do you have adequate time in your life for pursuing your goals, for spending time alone, and for enjoying the company of family and friends?

If you don't leave enough time in your schedule for spending time on your own, or for enjoying the simple companionship of your friends, then you need to restore the balance before you schedule in additional time for date-related activities.

Similarly, when you DO start dating, be aware that dating can start to take over *other* activities, such as your time for yourself or for friends.

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Giving Up Your Independence

For some of us, our desire to be a strong woman actually ends up squeezing out any space in our hearts we'd once reserved for Mr. Right. For example, have you ever told yourself after a hard breakup that you were never going to need a man again? Have you boasted to your friends that you don't need a man in your life because you're fine just as you are?

Often, we feel like we're expressing our pride in our power as women by being 100% independent. We think we're distinguishing ourselves from all those "needy" women out there that we feel are an embarrassment. In order to repress or deny own neediness (because we *all* have neediness within us – just read Debbie Ford's *The Dark Side of the Light Chasers*), we make independence the cornerstone of our identity. Soon, it becomes easier being single than opening up our hearts to a man.

Then, if and when a man appears on the scene, we end up holding back. We don't want to believe that it might be possible. We think that if we get our hopes up we'll just get them dashed. If he displays too much interest, we think, "What's wrong with him?"

Why?

Why do we want a man but hold back when the possibility arises?

I could give you the easy answer—it's because attraction always follows a pattern of **push and pull**; in other words, when one person approaches, the other always instinctively draws back—but I think that for many of us the issue lies deeper than that.

Women who've built their self-identity on their strength, independence, and career success can have a hard time attracting a relationship because their image of themselves doesn't include a man contributing to their lives.

Other women have made a habit of listening to their fears when a man approaches them. They listen to their fear of getting hurt, their fear of appearing needy, their fear of developing feelings, and their fear of coming to depend on someone who'll eventually leave them.

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If you examine why you don't have a relationship, you may find out that, simply put, **you're afraid of having one.**

You're afraid of giving up your independence.

You're afraid that you're going to fall in love and come to depend on him and form your life around him—and then he's going to leave you.

You're afraid that he'll change your life – YOUR life, the one you've carefully created and chosen and shaped just how you like it.

And if that's the case, you may need to ask yourself why you're holding onto your independence so tightly.

What is so terrible about needing a man?

What's so terrible about depending on a man?

You don't give your power away by admitting that you need him. You don't give your power away by depending on him.

Remember the concept of keeping your life in balance? Needing someone in your life and depending on someone else is *okay* as long as you keep it in balance.

It's not an either-or proposition. You're not *either* needy *or* independent. You can be a self-sufficient woman who enjoys relying on her man and who happily admits that she needs him in her life.

Depending on a man doesn't mean you've given up your independence. Admitting that you need your man doesn't automatically imply that you'll collapse to a shriveling heap when he leaves. I need my coffee every morning, but if I don't have it … well, maybe that was a bad example!

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I hope that you don't need to apply any of the tips in this lesson, that you've always welcomed men into your life with an open, warm heart. I hope that you don't worry that you're going to give up part of yourself when you share your life with someone else. You know that whatever you lose wasn't important, and what you gain is so much more.

But I know that there are times when, *even though you want a man in your life,* you're not ready. Maybe you're working your way through school, and though you'd very much like male companionship, you're able to focus better on your studies without a boyfriend. There are times when you HAVE to focus on your career or your family to the exclusion of everything else.

The secret is to understand what you're choosing. If you know that you're going to focus hard on your career this year, then don't waste energy feeling down about your personal life. Choose where you want to invest your energy, and accept responsibility for the result.

And when you're ready to meet someone, pour intention into your desire. Announce aloud to the universe, "I'm ready for love." Love those you're with, and rejoice in the love shown you by friends and family. And what you will find is that as you resonate with love, men with equally warm hearts will be irresistibly drawn to you.

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Making Use of What You've Learned

It's time to come back to you.

Take some time to reflect on what being single means to you. Is it simply time you're wasting before you get married and start your real life? Is it an opportunity to build a career? Is it a chance to get to know yourself better? Is it proof that you can make it on your own without anyone's help?

For some strange reason, we often associate being single with the lack of love. What we often forget is that we can be loving people whether or not we're in a relationship.

What opportunities exist for you to love other people right now? Are you comfortable expressing your affection towards your male friends? If someone gives you a spontaneous hug, do you hug them back?

Becoming more affectionate in your daily life is one way to draw more love into your life. People to whom we're affectionate are naturally affectionate back. And there's nothing more attractive than someone whom everyone loves.

So don't let being single stop you from experiencing the pleasure of giving love.

Similarly, make sure that your definition of being single doesn't exclude the contribution that men can make to your life. Enjoy male company. Try to always be available for a chat and a bit of flirting, even if you're not at all interested.

As you grow to recognize and appreciate the contribution that men make to your life, you'll find that they're even more eager to be there for you – even if your relationship is purely professional and platonic.

Finally, consider how available you actually are. No, I'm not talking about whether you hang out in bars or are "easy." I'm talking about how other people perceive you, *even if they don't actually know you.*

One test that I've learned and used is the **directions test**. Reflect on whether you are the sort of person that other people tend to ask for directions.

I found out long ago that I could gauge how accessible I was by the number of times strangers approached me to ask a question or simply started a conversation in line. I pride myself on being one of those people that strangers always seem to be starting random conversations with. I make new friends easily as a result.

Some people are just inviting. It's their nature. Their personality draws others in. Part of it is their smile and their willingness to catch a stranger's eye. But more importantly, perhaps, is that these people aren't judgmental. They're so inviting precisely because a stranger intuitively knows that he or she won't get rejected or brushed off by approaching them. It's an attractive trait to cultivate, and one that welcomes men.

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HOW TO BE IRRESISTIBLE TO MEN

Video Course

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Workbook Section 9

PART 9 OF THE "HOW TO BE IRRESISTIBLE TO MEN" VIDEO COURSE:

THE BIGGEST MISTAKES WOMEN MAKE WITH LOVE

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Part 9

The Biggest Mistakes Women Make with Love

Lesson Overview

In this lesson, I discuss the biggest mistakes women make with love and how to avoid them.

Push-Pull Theory of Attraction

When we are offered the chance at a relationship with a fantastic man, most of us jump at it. Why not? He's handsome, funny, financially successful, tender, romantic….

…but many of us have found that the more we *want* to be in a relationship, the higher the chances that the whole thing will crash and burn.

Why? Why is it that the harder we try to hold onto a relationship, the greater the likelihood that it will slip away from us?

It has to do with the **push-pull theory of attraction**.

According to this theory, what we grab at has the tendency to move away from us. Kids understand this theory *very* well. If Mommy wants to pick up Junior so that they can go somewhere, that is the perfect time for Junior to run squealing around the house avoiding her hands. Mommy tries to pull Junior to her; he pushes back.

Push-pull theory is built into human interactions. For example, have you ever had something that someone really, really wanted? If so, chances are that you felt a teensy tiny urge not to give it to them, just so they'd get upset and you could laugh. Juvenile behavior, yes, but it's inside all of us. Denying other people what they want can be a great source of amusement.

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When it comes to relationships, not giving someone else what they want becomes a fine art. People often don't give their partners what they want out of amusement, spite, or simply because they can. As a result, their partners get even more upset and pull at what they want even harder. They push back; their partners pull. They'll switch roles, but the pushing and pulling remains the same.

The key is to stop grabbing at what you want with love. Treat it like a wild animal. Don't startle it. Let it grow used to your presence and move towards you cautiously.

You see, when you try to hold onto another person, or hold onto your relationship, you are acting out of fear of loss. All "pulling" originates in the scarcity mentality. You may think that you have to hold onto this guy, because this is as good as it gets. Or you may feel that you have to hold onto this relationship, because if it doesn't work out you're not going to be able to get another one.

You have to abandon this way of thinking. Grabbing at what you want is the surest way to make sure it will avoid you.

Getting an Ex Back

One of the most often quoted but least practiced clichés in history is:

> **"If you love somebody, let them go. If they return, they were always yours. If they don't, they never were."** *(attributed to Kahlil Gibran)*

It is easy to recognize the truth in this statement, but few people practice it.

You don't have to possess someone to love them. If you truly understand unconditional love, you'll realize that you can love anyone, whether they choose to be your boyfriend or not.

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After a difficult breakup, have you ever felt that the hugest hole in your heart wasn't caused by the removal of the love he gave you, but rather the love *you* poured into *him*?

What often hurts us most isn't the fact that he doesn't love us anymore. It's that we no longer have someone to love.

Once you understand what it truly means to love unconditionally, you'll realize that you can love anyone, *no matter how they feel about it.*

You can love someone who hates you.
You can love someone you haven't seen in years.
You can love someone you don't talk to.
You can love someone who's decided to end his relationship with you.

Unconditional love requires nothing – not even being together.

But how do we usually act when a man we love says that he wants to break up with us? We get upset. Some of us scream and cry. Others of us find ways to convince him to get back with us, because we're sure we can't live without him.

But if you really love him, you'll let him go.

Your desire to be with him, to be part of his life, and to continue the flow of good feelings and good times is natural. But he's chosen a different path.

This doesn't mean he's a jerk. Nor does it mean that you have to stop loving him. You can let him go *and* allow yourself to continue feeling love towards him without expectations.

Do you think you could let a man leave you with love?

It's possible, but it's hard. I mean, *really hard.*

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But I am convinced that's the only way we're going to heal from our painful experiences with men.

If what makes us fear starting a new relationship is the disastrous way the old one ended, then we need to work on how we exit relationships.

We need to learn to accept when relationships end rather than hanging onto them, kicking and screaming. We need to make it okay for either or both parties to say, "This isn't working for me anymore." We need to release one another gracefully from the bonds of commitment.

But instead we hold on. And when it looks like we're about to lose him, we grasp even more tightly.

And because we're grabbing at love, it moves away from us and escapes us entirely.

What You Really Want

Many women also mistake of believing that what they want is a man. Some want a particular man and are sure that he's "the One." Others want a particular kind of man and are convinced that this man is nowhere to be found.

But the love we want isn't in men.

As Andrew tells us, "**Your partner shares the journey, but he's not the journey**."

I believe that what we women really want is to experience love. Not just any love, but real, great, unconditional, true love.

We pick men that we think we can love, without knowing whether he can love us back in the same way. The process then becomes creating a perfect love between two imperfect people. Sometimes he can love you in the way you want to be loved; other times, he can't.

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Ultimately, what matters most isn't how fantastic this particular man is; it's what you can create together. And sadly, there are times when even two emotionally healthy people can't create an emotionally healthy love.

Make sure that you're not attached to your idea of the "perfect" relationship or the "perfect" man. Be with a man for who he is and for the relationship you have created together; don't be with him *just because* you see his potential. If he isn't the man you wish he were, then do both of you a favor and end the relationship.

I have a firm policy of not dating fixer-uppers; I have to love the man I'm dating as he is *right now* and enjoy being with him whether or not he ever changes.

Men will appreciate your honestly. One of men's greatest pet peeves is women who want to change them. Most men like themselves just fine the way they are, and they appreciate women who feel the same way.

A fantastic book on learning how to let go of your desire *for* a relationship and instead focus on finding and creating *the right* relationship with the *right* man is Dr. Barbara De Angelis' amazing little book, *The Real Rules: How to Find the Right Man for the Real You*. I highly recommend it as an antidote to the number of dating books out there who encourage you to play games with your man in order to get the "prize" of a marriage proposal.

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Making Use of What You've Learned

It's time to come back to you.

Can you think of any examples where the push-pull theory of attraction was evident in your life? Perhaps you came onto a man too strongly, and he backed away. Perhaps you liked a man until you found out that he also had a crush on you, and then he became less attractive.

What many women do is play hard to get, hoping that as they push men away, men will be attracted to them even more. It works. Of course it works. But can you see that there's another option?

The other option is to let go. Let what happens, happen. Don't grasp too hard at love, but don't push it away, either.

When you're in that place where you're neither pushing nor pulling, magic can occur. The *right man* (who is often *not* the man who's attracted to you because you're a challenge) can see you, interact with you, enjoy spending time with you, and realize naturally that you're someone he wants to be with.

The next time you go out to a social event, try going without any expectations. Flirt with everyone (young or old, attractive or not). Focus on enjoying other people's company. If you find a thought creeping into your head, distracting you with, "He's cute … I wonder if he's single?" or "Hmm, he's been chatting me up all night, I wonder if he's interested?" SQUASH IT! You're not here to hook up. You're here because you want to learn to enjoy the moment and the company of others without wanting anything more. If that guy in the corner looks cute and interesting, by all means go and talk to him. But talk to him because you want to get to know him, not because you want to know if he's available.

And you may just find that you have a whole lot more fun when you let nature take its course.

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HOW TO BE IRRESISTIBLE TO MEN

Video Course

By Amy Waterman

Workbook Section 10

PART 10 OF THE "HOW TO BE IRRESISTIBLE TO MEN" VIDEO COURSE:

THE RELATIONSHIP LIFE CYCLE

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Part 10
The Relationship Life Cycle

Lesson Overview

In this lesson, I discuss the natural highs and lows of a relationship. Understanding the natural ebb and flow in a relationship is important; otherwise, it becomes too easy to quit at the first sign of trouble. If you think having conflicts is a signal that you aren't right for one another, then this lesson is for you.

First Love: Infatuation

When a relationship starts off, it feels like nothing could be more beautiful. Food tastes better; the sun shines bright. Days that used to stretch on drearily now fly by.

The state of being in love can be addictive. Its pleasures lure Casanovas to keep falling in love again and again. It seems so much easier to fall in love with a different person than to resuscitate a relationship in which both parties have fallen out of love.

There is a reason for the headiness of the "in-love" experience. It's actually chemical. When you fall in love, the body released a powerful cocktail of chemicals including dopamine and phenylethylamine. Endorphins eliminate pain and make you feel charged with energy. You feel *great!*

This little chemical reinforcement is nature's way of encouraging us to mate. It also sets the stage for pair bonding, a crucial step in raising offspring to maturity. If we don't bond strongly enough with a partner in the first heady rush of love, chances are we won't stick with one another when things get more difficult down the road.

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The high of romantic love serves its purpose: it gets you over that initial lack of familiarity with someone, spurs you to get to know one another on a deeper level, and glosses over undesirable traits.

However, romantic love has a limited time frame. It wears out anywhere between a few months to two years at most.

Yes, romantic love dies.

It's *supposed* to.

If you're not prepared for the loss of those loving feelings, or if you wonder why you fall out of love with every man you're with, you may end up throwing away perfectly good relationships because you think that falling out of love means that the relationship is over.

It's *not*.

It is actually a sign that your relationship is maturing into Stage 2.

Stage 2 - Chaos

Richard Wheeler, a clinical psychologist and specialist in marital issues, describes the second stage of a relationship as **chaos**. This is the stage where you've lost your rose-tinged glasses. You see your partner for who he truly is, warts and all. Little things he does annoy you. You find yourself asking, "Can I really live the rest of my life with this person?"

If your period of romantic bliss was powerful enough, the good feelings you have stored up for one another should last through this period. However, make no mistake: it will be a challenge.

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Until I heard about this concept, I never imagined that falling out of love could be a good thing. But it IS. It signals the end of infatuation. If a couple can successful negotiate the chaotic periods in their relationship (and this *first* chaotic period is crucial), they have shown that they have what it takes to stay together.

So the old adage *is* true. **What matters isn't how much you love one another during the good times. What matters is how well you stick by one another during the bad times.**

You can't avoid conflict. Couples who've spent the past five years without speaking a single harsh word to one another are either (1) arguing nonverbally, or (2) stuck at an early (and less mature) stage of love.

We should celebrate the arrival of conflict in our relationship, because it's going to give us the chance to test our partnership in action.

If we can resolve conflicts in a healthy way (working as a team and focusing on resolving the issue for the good of the relationship rather than for our own individual benefit) then we know that our match is made in heaven. On the other hand, if conflict arises and our partner turns into our enemy, lashing out against us and blaming us for the situation, we have a fair idea that marriage with this person wouldn't be much fun.

We can't avoid conflict, but I know how tempting it can be to brush the first signs of conflict under the table. You know what I'm talking about: the first time he says something that strikes you a little wrong, or does something that stings a bit, or acts in a way that seems unlike the perfect man you've come to know. It can be so easy to *ignore it* rather than confront the fact that you may have areas of conflict.

When we face conflict squarely, rather than trying to avoid it or pretend it doesn't exist, we create opportunities for growth.

Best of all, it is only by wading across the dangerous morass of conflict that can we make it through to the other side, where *real love* awaits.

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Getting to the Prize

Real love is the perfect balance among passion, intimacy, and commitment. New lovers have an excess of passion and some intimacy but no commitment. Dear friends may be committed and emotionally intimate but lack passion.

But **consummate love**, the ultimate kind of love, incorporates passion, intimacy and commitment into a lasting romantic union.

How do you get there?

Well, obviously, the greatest component lacking in young romantic love is commitment. We think that commitment is a choice. A person can *choose* to be committed or not.

But any decision, unless it is tested, is just empty words.

For a man to be truly committed to you, your relationship has to be tested. He has to decide to stay with you not just when it's good, but when it's bad as well. *That's* where conflict serves its purpose.

When the chaotic period of a relationship arises, both parties have two choices: they can stay and try to work things through, or they can exit the situation. Most relationships dissolve in this period, as a result of an inability or lack of desire to work through conflicts.

If you're going to make it through the chaos stage, you need to make the following realizations.

It's not that your partner was perfect when he started dating you, and now he's showing his unpleasant side.

It's not that you're not meant to be together and that's why you're arguing.

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Nor is it that you're responsible for everything that's going well in the relationship and he's responsible for everything that's going wrong.

To make it through the arguments, you have to let go of your need to win them.

Win the Battle, not the Fight

There's an absolutely fantastic book that talks about this theme: Ariel & Shya Kane's *Working on Yourself Doesn't Work*.

In it, the Kanes talk about the Right House and the Alive House. You can choose which house you're going to live in, but there's a price to pay for living in each of them.

> "In the Right house, you get to be 'right,' righteously right. Not necessarily correct, but always right…. In the Alive house, you get to experience love, health, happiness, full self-expression, satisfaction, relationship, etc." (58)

According to the Kanes, you have to give up love, health and happiness to live in the Right House. But to live in the Alive House, you have to give up being right.

Which house would you choose to live in?

Could you give up your need to always be right and always ensure your partner has the same point of view as you do? Could you allow your partner to think, choose, and act in ways that you don't find appealing or attractive?

The Kanes believe that once you let go of your attachment to your way of doing things, you'll discover that magical things happen. Your life will become fuller, more interesting, and more alive. In part, that's because you're not wasting so much energy changing everything around to suit your views.

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Once you give up your attachment to being right, you can think about the best solution for both of you as a couple. You can accept compromise. You can work towards a solution rather than waste effort trying to convince your partner he's wrong.

Another fantastic book that will teach you to let go of your need to be right and instead focus on **validating your partner's emotions** is Harville Hendrix's *Getting the Love You Want*. Hendrix teaches a technique called the "Couple's Dialogue" that stops arguments in their tracks.

In it, you *stop* trying to show him your point of view and prove you're right. Instead, you listen to his point of view and try to understand it completely. You make sure he knows he's heard. For example, you might tell him, "I hear what you're saying. I can see how my actions would have caused you to feel upset. You have every right to feel that way."

Hendrix explains the importance of practicing this technique in this way:

> "Most of us rarely listen to what other people are saying. When we should be listening, we are responding to the impact of what we are hearing. In other words, we are listening to ourselves react." (p.143)

Do you really hear your partner? Most of us believe that we listen – or, at least, we listen to men better than men listen to us. But what we often find, if we're honest, is that when we think we're listening to our partner, we're really looking for the ways in which we agree or disagree with him.

Dr. Hendrix goes on to say that:

> "It is essential that you realize that you live with another person who is not an extension of you. Not to recognize this is the major source of conflict between partners." (p. 141)

Realizing that your partner is not you can be a shock to someone who is in the throes of romantic love. We often fall in love with a person because we believe that in their deepest soul, they are exactly like us. They understand us like no one else has.

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Recognizing such similarity is crucial in the first flush of romantic love, but believing that your partner should be like you in every way can be a death knell to a healthy long-term relationship.

I highly recommend that you pick up a copy of *Getting the Love You Want*. The book is full of fantastic techniques for improving your relationship.

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Making Use of What You've Learned

It's time to come back to you.

Take some time to reflect on the most common forms of conflict you've experienced in your relationships.

How do you argue? Do you tend to keep your feelings to yourself until you can hold them in no longer, or do you express them the moment you feel them? Do you tend to raise your voice or do you get quieter? Do you burst out in tears or become super-rational? Do you tend to talk about your feelings or what *he* has done? Where do you tend to confront your partner: e.g. at home, over dinner, in bed, in the car, when you're alone together, when you're with others? What sorts of topics set off the most arguments: e.g. housework, intimacy, politics?

Just thinking about the emotional space we're in when we face conflict can teach us a lot about how we can improve the way we argue.

How do you think you could argue more effectively?

Do you feel that you listen effectively to your partner when you're in an argument?

Do your arguments tend to resolve the situation or make it worse?

Very few of us take the time to consciously choose a conflict management strategy. Sometimes we find ourselves believing that we have so much invested in being right that it can be hard to curtail a win-at-any-cost mentality.

But it's worth the time to think about ways in which you can turn conflict into a positive experience. Conflict becomes positive when it acts as an incentive to growth and change rather than a battle in which one emerges victor.

How much do YOU have invested in being right?

How might you switch your focus to winning the battle (e.g., achieving a strong, lasting relationship) rather than winning the fight (e.g., the argument)?

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HOW TO BE IRRESISTIBLE TO MEN

Video Course

By Amy Waterman

Workbook Section 11

PART 11 OF THE "HOW TO BE IRRESISTIBLE TO MEN" VIDEO COURSE:

MAKING A RELATIONSHIP WORK THIS TIME AROUND

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Part 11
Making a Relationship Work This Time Around

Lesson Overview

In this lesson, I discuss how to give your future relationships the best shot they have at succeeding.

We've all failed in one way or another at relationships before. Sometimes it feels that relationship after relationship ends in the same old way. Even though we vow not to make the same mistakes, we end up doing it anyway.

One of the hardest things in the world can be breaking those negative patterns – especially when we focus on changing our **behaviors** when what needs to be changed is our **thinking**.

Accepting What You Can and Can't Change

First of all, let me tell you the two things you need to acknowledge in a relationship.

1. You're not going to change him.
2. It's not his fault.

Whenever problems arise in relationships, our first instincts tend to be (1) to change his offending behavior, or (2) blame him for making us upset/angry/etc.

Even when we know that we shouldn't react the way we do, we can't help it. We probably saw our parents treat each other in this way. Over our formative years, we absorbed the way other couples treated each other. We got into a habit of blaming other people or external situations for our feelings. We learned to say, "He made me feel that way," or, "Look at what happened to me! How was I supposed to react?"

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It's not easy to accept responsibility for how you're feeling. That's because other people's emotions are so contagious. If our partner is feeling bad, we often feel those negative emotions seeping into us. If a friend is struggling through a bad time, we often feel that to be sympathetic we have to get upset, too. It can be difficult to distinguish between **empathy** (*understanding* how another person is feeling) and soaking in another person's negative feelings.

If you frequently find yourself feeling upset and angry, and would prefer to learn how to see the best in any situation, I recommend Wayne Dyer's inspiring audio program "How to Be a No-Limit Person." Whenever I'm feeling like the world is controlling me, rather than me controlling the world, I listen to his program. He reminds me that I choose how I react to situations: situations don't have power over me.

If your relationship isn't going the way you like, remember that you have the power of choice. You can choose to continue in the relationship the way it is because you "have to," or you can recognize all the areas that you have the power to change.

But most of us don't realize the awesome power we have. We may think that our relationship *has* to be a certain way, because that's how "all" relationships are. For example, you may prefer to spend more time together but keep from asking your partner to cut down on his working hours. You may feel burdened by housework but refrain from seeking other solutions (e.g. a housecleaning service or asking for your partner's help) because you feel that it's your duty to keep your house clean.

What do you think your duties are in a relationship? What do you think your partner's duties are? Is it *possible* that the way you think things "have" to be is actually your choice?

What would happen if you gave up those ideas and allowed yourselves to try something that you don't think couples "should" do?

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Giving ourselves the freedom to be creative with our relationships can be so liberating. When we stop allowing ourselves to be restricted by our idea of how two people are *supposed* to behave in relationships, we can discover new solutions to seemingly impossible problems. When we allow ourselves to be creative and experimental, we not only keep the relationship from going stale – we're also better prepared to respond to change.

And your relationship will change. Once you think you've got it, that you've figured it all out, something will change in your relationship, and you'll feel like you're starting again from scratch again.

Remembering What It Was Like Before You Found One Another

Have you ever noticed how people who aren't in relationships long to be in one, while people who are in relationship remember fondly their single days?

It's human nature to think that the grass is greener. Whatever we long for – whether it be money, career success, or a better body – is much more appealing when we *don't* have it than when we do.

That's why it is so important to have a clear picture in your mind of the benefits and disadvantages of being single … and the benefits and disadvantages of being in a relationship.

If you spent your single days waiting for the moment you'd be in a relationship, you missed out on a fantastic opportunity to get better at relationships. *That seems counterintuitive!* you might be thinking. How can being single make you better at relationships?

The answer is simple: **it teaches you about yourself.**

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The very best skill you can have coming into a relationship is knowing about yourself. Knowing what your likes and dislikes are, knowing how you tend to react in certain situations, knowing where your boundaries are, knowing your strengths and weaknesses.

The more you know about yourself, the more you'll be able to create a **conscious relationship** with your partner. Instead of reacting blindly and not understanding why certain situations affect you as they do, you'll be able to clearly express your needs and take action when you know that you're reaching your limit.

Too often, we use our partner as an excuse to behave badly. If we're feeling down in the dumps, we take it out on him. If we're late, we blame it on him. If we're arguing, he started it. Soon, our partner becomes our scapegoat for everything that's not going perfectly in our lives.

If you have always been in a relationship, you may find it difficult to reintroduce the feeling of personal responsibility. Remember:

> **No matter what he does, you are the one responsible for your own behavior.**
> **No matter what he says, you are responsible for what you say.**

If you've established good personal boundaries and a strong sense of self-identity *before* you got into a relationship, you'll find it easy to shoulder your share of the responsibility and ask for what you need in the relationship.

But if you have always seen yourself as part of a couple, you may find it difficult to separate "me' from "we." As a result, you may have lost a sense of the power you have *on your own* to affect the relationship.

Even though you're with someone, you still choose how you're going to live your life.

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Just because he's your partner doesn't mean that he gets to decide how you're going to live, how you're going to think, how you're going to vote, or what you're going to wear. Even if your partner *really* wants things to be a certain way and you want to please him, you *still* have to be comfortable with your decision. You don't have to do things that feel wrong to you just because you find it easier to make him happy or go along.

You need to take responsibility for everything you do, **even those things you do in partnership.**

Taking advantage of your single years will also help you avoid becoming needy or completely dependent on another person. If you have spent your precious single periods learning more about yourself and growing as a person, you'll find that you easily balance "we" time with "me" time in a relationship. You won't suffocate your partner, because you'll know that some of your needs can be fulfilled outside of your relationship (such as the need for a shopping companion!). You'll also give your partner space to fulfill his individual needs, because you'll realize that all of us have things that we need to do for ourselves.

Owning Your Stuff

Finally, your single years will teach you much about your personality: both your good and bad traits. This knowledge is crucial to understanding why you see both good and bad in your partner.

The traits we like least about ourselves are often those that annoy us most in our partner. Does his chronic lateness bother you? It's probably because you, too, can be late. Are you irritated when he acts condescending? It may be because you, too, can be condescending.

This principle is discussed in great detail in Debbie Ford's book *The Dark Side of the Light Chasers*. She argues that we couldn't recognize a trait in others unless we already possess that trait, to some degree, in ourselves. But the answer is not to erase that trait, deny that we have it, or "fix" ourselves to get rid of it. The answer is to recognize its presence within ourselves, accept it, and learn its gifts.

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No trait is all good or all bad. We aren't "bad people" just because we find ourselves being late, condescending, selfish, hysterical, angry, possessive, et cetera. All of us are capable of the range of human emotions and behaviors. All of those traits are there as tools to help us deal with life, and they all have their use. Seemingly negative traits can actually function as assets. A person who is never angry becomes a pushover. A person who is never selfish can end up getting used. A person who is never late becomes a slave to time.

The fantastic thing is that when you accept the "shadow side" of yourself, you find that you are also no longer affected by the negative traits of others.

Owning up to the dark side of your personality is crucial to forming a healthy relationship. Some psychologists believe that when we are in a relationship, the other person acts as our mirror (projection), so the person we're really in relationship with is ourselves.

All of our relationships are fields through which we work through personal issues. As Harville Hendrix tells us, we are in relationships to heal. This means that the problems in a relationship have less to do with *him* and *whether you were meant to be*, and more to do with issues in your life that you need to confront for your own personal growth.

It's a sobering thought.

If you hate yourself and are unable to love your weaknesses, you will project your dislike for yourself onto your partners. You may wonder why you're always dating men who are criticizing or judgmental.

But if you learn to see your "bad side," accept it, and love it, you'll find that the men in your life will appear more loving.

The difficult part about this principle is that any part of ourselves that we haven't accepted shows up in the people around us. Anything we don't like … anything we're ashamed or embarrassed to see.

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If you find yourself dating the same person over and over again, there's a reason. You can't escape it through dating different people. If you want to meet a different kind of man, you must first face the reason you keep meeting those men. What characteristic do they have in common? Is it also a characteristic that you possess? What do these men have to teach YOU about your shadow side?

The wonderful part about this principle is that as we grow and become better human beings, we magically discover that our partners also seem to be growing and becoming better. Perhaps we are simply finally seeing characteristics that they already possessed. Who know? The important thing is that *it works*.

Become a better person, and you will date better people.
Become a better partner, and you will start having better partners.
Love yourself, and you will meet men who love you.

Whatever you want to see in your relationships of tomorrow, start working in yourself today.

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Making Use of What You've Learned

It's time to come back to you.

Take out a sheet of paper and draw a line dividing it in half. On one column, write "Positive Traits." On the other column, write "Negative Traits." Along the side, list the names of all your previous partners/boyfriends.

Fill in the sheet of paper with words describing each of your past partner's positive and negative traits.

Once you've finished, add yourself to the list. Fill in your negative and positive traits at the bottom.

Do you notice any patterns?

We often pick partners to complement for weaknesses we perceive in ourselves. For example, if we're poor at managing our finances, we admire that skill in our partners.

But one thing we often don't notice is that the characteristics we dislike most in our partners are those that irritate us most about ourselves.

Go through the list of negative traits. Ask yourself why you find that particular trait so distasteful. For example, if your ex was lazy, you may remember a childhood experience in which your father criticized you for being lazy.

Ask yourself whether you are capable of demonstrating the negative trait demonstrated by your ex-partner. For example, if your ex was lazy, can you admit that you, too, have a lazy side that you try hard to overcome?

Finally, ask yourself whether you can see any value in that negative trait. Can being lazy be a wonderful trait to have when you're on vacation? Can it help you be more relaxed?

If you can accept other people's negative traits, you'll find that you become more accepting of yourself.

For much more extensive exercises and a wonderful explanation of this material, I highly recommend working through Debbie Ford's *The Dark Side of the Light Chasers*.

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HOW TO BE IRRESISTIBLE TO MEN

Video Course

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Workbook Section 12

PART 12 OF THE "HOW TO BE IRRESISTIBLE TO MEN" VIDEO COURSE:

LETTING GO

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Part 12
Letting Go

Lesson Overview

In this lesson, I discuss how to let go with grace.

It may seem strange to talk about ending a relationship in a course that's about improving your skills at relationships. However, it's much more important than it seems. The way you end a relationship greatly affects the next relationship you start.

And you *do* hold the power to end a relationship right … even if he's the one calling it quits.

How We Usually Break Up

Whether or not you are the one ending a relationship or him, one thing is for certain: both of you will feel a complex range of emotions.

Not many breakups end without awkwardness, confusion, doubt, or grief. As bad as we are at meeting someone new, we're even worse at ending what we already have.

We're not taught this. There are books and books that teach us dating and relationship skills, but advice on how to tell someone it's over (or how to respond to someone telling YOU it's over) is few and far between.

I admire the audacity of author and *Sex and the City* consultant Greg Behrendt, who not just bluntly told women that *He's Just Not That Into You,* but also helped them get over those losers by providing them with their very own "Breakup Buddy": his 2005 book *It's Called A Breakup Because It's Broken*. With a picture of ice cream on the cover, the book is Greg's way of giving positive meaning to the negative experience of a breakup.

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And that is what most breakups lack: a positive association or meaning. By and large, we remember them as horrible, painful events.

Yes, the loss of love hurts. Breakups involve rejection, and rejection by someone you love is one of the most painful experiences imaginable. Breakups threaten everything we are: our self-worth, our attractiveness, even our lovability. We immediately start to think, "But if only…"

But if only I'd been a better partner…
But if only I'd been more attractive…
But if only I had done something different…

We haven't even been broken up for 24 hours, and we're already trying to rewrite the past so that it didn't happen.

It is normal to experience the stages of grief when confronting a breakup. One definition of the grieving process that I particularly like is TEAR:

T = **T**o accept the reality of the loss
E = **E**xperience the pain of the loss
A = **A**djust to the new environment without the lost object
R = **R**einvest in the new reality

In other words,

1. Accept that your relationship is over.
2. Acknowledge your grief, anger, sadness, etc.
3. Reshape your life with different activities, friends, and social situations.
4. Have faith, hope, and trust that another man will come along who is even better.

Now, it's easy to talk about the stages of grief and the need to go through them, but it's another thing when you're actually confronted with the experience.

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How do you feel when a man says, "I think it's over between us"?
How do you answer when he says, "I'm not sure if our relationship is working out anymore"?
What is your reaction when he tells you, "I don't want to be together any more"?

These statements *hurt*.

We don't even want to face them … or the possibility of anyone saying them to us.

But we have to.

If you're going to make your relationships work this time around, you need to confront the experience of breaking up. You need to **stop being so scared of it**. You need to **reinvest it with a different meaning**.

Reclaiming Breakups

Breakups don't happen to hurt you.

Relationships don't end because you were a bad person or did something wrong.

Every relationship ends for a reason.
That reason is usually an important one.

Maybe there is something you need to learn from this breakup.

Maybe there is some growing that you need to do as a single person.

Maybe your relationship needs to end so that you're single when the perfect man for you comes into your life.

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I can't tell you the particular reason why your past relationships have ended. The lesson is only for you.

But what I can tell you is that your relationship was meaningful and important in teaching you lessons about life – *even though* it ended. In fact, what I should have said is "*because it ended.*"

I have found in my own life that every man comes into my life for a reason. He teaches me something beautiful; I teach him something beautiful. And then we both move on.

We may not want to (we always want to hold onto love when we find it), but we ignore the call to move on at our peril. We have to keep learning and growing. Otherwise, we don't become all that we're capable of becoming.

If you don't want to move on from a relationship, it could be because you are afraid of growth. Growth by definition involves change. Change involves the unknown. And if we don't have faith, the unknown can be incredibly scary.

So that's your goal: have faith. Have hope. Trust.

Faith. Hope. Trust.

They're three of the most beautiful words in the English language.
You can let go of the hurt. He didn't hurt you. He set you free so that you could claim more of the beautiful experiences life has waiting for you.

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Saying Goodbye

Now it's time to tell him goodbye. The following three-step process is how I personally try to experience all breakups. Even though I am not responsible for how the man reacts to me, I can leave the scene of a relationship's end feeling good about myself, what I said, and how I acted. For the rest of my life, I will carry the memory of that moment, and I will be proud of myself and the way I honored my feelings for another person.

1. Accepting a man's request to break off a relationship. Never argue. Never fight back. Never ask why. You can process the grief, denial, and anger later. At the moment it's happening, don't fight it. (If he's made a mistake, he *will* come back to you.) Clarify exactly what he's requesting, as some men aren't sure what exactly they want when they claim they want to "break things off" or "slow things down." You can ask if he's completely certain that he doesn't think there's any more potential for your relationship. But if he *is* certain, and if he's *clear* that he wants your relationship to end, then tell him, "If that's what you want, I respect your decision and accept it."

2. Thank him. Tell him what he's meant to you over the duration of your relationship. If there were feelings that you never expressed to him (gratitude, love, appreciation), do so now. It should be clear to him that you're not saying these things just to get him back (he knows that you've accepted his decision), but rather you're giving them to him as a gift from the bottom of your heart.

   I know it's tempting to take the opportunity to let all your anger and hate out. When we feel hurt, the easiest thing for us to do to recover our wounded pride is berate and belittle the man who did it to us.

   But if you constantly react to breakups by lashing out, you'll find that your relationships never progress past a certain level. You'll find that good men leave you while bastards react to your own abuse with theirs.

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Gratitude and appreciation do wonderful things for the soul. Even though you may find it incredibly difficult to find anything nice to say at this moment, reach into your heart and do the best you can. You may not feel good about it at the moment, but I can promise you that years later you will remember how you reacted and feel proud.

3. Say goodbye. Don't draw it out. Most men are scared to death of breaking up with a girl, and they'll appreciate the fact that it's over with quickly. Shake hands, hug, or kiss him on the cheek. Then turn and leave.

And that's it.

Breakups very rarely ever go smoothly. Even if you react with appreciation and love, he may react with venom and rage. You can't help how he reacts. You can't predict or control how he'll respond. But you can act in a way that you can be proud of.

The best response to abuse is absence. The moment that two people have decided to split, any obligation that you have to explain yourself or justify yourself to him is over. You don't have to listen to his abuse. If he can't leave the relationship with the same grace and love, then say your goodbyes and leave. If there is no compelling reason to (e.g., shared legal interests or a child), then avoid future contact with him. You may feel a great need to defend yourself against him and his accusations, to prove to yourself that you're still a good person, but it doesn't matter what he thinks anymore. You are who you are regardless of his opinion. Listen to the people who matter. Your relationship is over, and you need to move on.

Greg Behrendt suggests a three-month moratorium from the point of breakup to the point where you get in contact with your ex again. I think it's a fantastic idea. Staying in contact with your ex too often just prolongs the denial period. Give yourself some time to remember who you are as a single person. Allow your emotional wounds time to heal. Experience your grief fully and reach out to family and friends for comfort.

But don't go back to him. Let him go.
There are so many wonderful people out there to love.

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Making Use of What You've Learned

It's time to come back to you.

How have your relationships ended in the past?

Take a moment and list all your past relationships on a sheet of paper. Next to each, write down some words that describe the way you split. Was it angry? Bitter? Accusatory? Relieved? Mutual? Unemotional?

Finally, rate each breakup from 0 stars to 5 stars, with 5 stars being a breakup where you were really proud of the way you acted, and 0 stars being one in which you were highly ashamed of the way you acted. In this exercise, it doesn't matter how your partner reacted. All that matters is how you felt about *your* behavior.

Once you've completed this exercise, look for patterns in your list. Have most of your relationships ended in similar scenarios?

Ask yourself how you could have done a better job at ending those relationships. For each relationship, what was one thing you could have done to have felt more proud at the way you acted when it ended?

If you want to take this exercise further, ask yourself what you learned about yourself from each of the relationships on your list. What did you gain from the experience? Were there any positive changes or realizations that came out of your split?

Finally, if you didn't have the opportunity to say goodbye to your ex at the time, do so now. Call up an image of your ex in your mind. Imagine that you are in a safe room, a comfortable place where you feel at ease. He is standing in front of you. Imagine yourself telling him that you (1) accept your breakup, (2) appreciate what he contributed to your life, and (3) want to say goodbye. Imagine looking at his face to see his reaction as you tell him those things. Then imagine yourself walking out of the room and closing the door behind you.

The following is a script that you might use.

> "[Name of ex], I'm letting you go. Thank you for what you taught me in my life. I learned X, Y, and Z from you. I forgive you and I forgive myself for the ways in which we hurt one another. I'm letting go of the pain that caused, because I don't need it anymore. I have so much more life to live and so much more love to experience that any grudges would just hold me back. I wish you all the best in life. Goodbye."

Understand the power and promise in that *goodbye*. By letting go of the past, you allow the future to manifest its promise.

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Books Mentioned in This Lesson

Behrendt, Greg and Amiira Ruotola-Behrendt. *It's Called a Breakup Because It's Broken: The Smart Girl's Breakup Buddy.* London: HarperElement, 2005.

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Thank You for Joining Us...

Thank you for joining us on this journey to unlock your own, beautiful, irresistible self.

I hope you have enjoyed it.

From this moment on, your life will not be the same.

You now know that another way is possible. You now know that the power to attract love is within you, but you must first learn to let go and practice loving all people - **but most of all *yourself*** - without expectations.

You have so much love to give. You don't need a man to give it to. You can give it to yourself, to your family, to your friends, to children, to puppies, to flowers, even to people you don't even know.

You can become attractive to everyone and anyone ... whether they're young or old, male or female, attractive or ugly.

That's because the greatest beauty of all is a truly open heart. It radiates from your smile, from the sparkle in your eyes, from the easy way you hug or kiss a cheek.

The greater your heart grows, the less tolerant you will be of men whose hearts are constricted and guarded. You'll find that the men you used to admire and want to attract no longer appeal to you. You'll no longer want to *make* men love you and instead simply enjoy their companionship no matter what ends up happening.

As you grow, you'll find that you no longer focus on your own unrequited love, or on the rejections and betrayals you've experienced, or on all the reasons you believed you'd be lonely forever. Those thoughts will no longer interest you.

As you give up thoughts of scarcity, you'll find that you attract abundance.

Magical things will happen.

You'll stop needing "a man" ... and men will appear.
You'll stop needing to look perfect ... and you will become more beautiful.
You'll stop needing to "get" love ... and people will offer it to you.

If you want to radiate an irresistible sparkle that no man can fail to find attractive, you have to give up focusing on the love you don't have and instead work on accepting, loving, and being in the beautiful place you are right now.

You are beautiful. You are loving. You are loved. Now, go out there and let the world see your truly irresistible self.



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